First Aid Kit Checklist

By Lauren Meir

- [ ] Tools
  - [ ] Small Scissors
  - [ ] Tweezers
  - [ ] Needle
  - [ ] Suture thread
  - [ ] Sterile disposable gloves
  - [ ] Surgical mask
  - [ ] Stethoscope
  - [ ] Emergency eye wash kit
- [ ] Guides
  - [ ] CPR Guide
  - [ ] Heimlich Maneuver guide
  - [ ] What to do for accidental poisoning
  - [ ] Guide on poisonous plants or insects
- [ ] Bandages and Cloths
  - [ ] Adhesive Bandages
    Various sizes and shapes.
  - [ ] Surgical Gauze
  - [ ] Surgical Tape
  - [ ] Skin Tape/Butterfly closure strips
  - [ ] Eye Pads
  - [ ] Cotton Pads and cotton balls
  - [ ] Large cloth bandages
  - [ ] Ace bandages
- [ ] Wound Cleaning and Care
  - [ ] Antibiotic Ointment or cream
  - [ ] Iodine
  - [ ] Sterile alcohol wipes
  - [ ] Antiseptic towlettes
  - [ ] Spray or cream ;for mild burns
  - [ ] Calamine Lotion or powder
  - [ ] Anti-fungal cream
  - [ ] Petroleum jelly
  - [ ] Aloe Vera
  - [ ] Saline solution
- [ ] Medicine
  - [ ] Ibuprofen
  - [ ] Tylenol or Asprin

- [ ] Children's pain reliever/fever reducer
- [ ] Medicine for upset stomach
- [ ] Anti-Diarrhea Medicine
- [ ] Anti-histamines or anti-allergen pills
- [ ] Coedine

- [ ] Important Tips
  - [ ] Sterilize all tools (scissors, tweezers, etc
) first. Use alcohol swabs or heat with a lighter or matches.
  - [ ] All bandages should be sterile
    Individual bandages should be sealed in individual packages.
  - [ ] Ensure guides have instructions on how to perform life-saving techniques on children and infants as well.
  - [ ] If someone in your family has a severe allergy (such as to nuts or shellfish) it is strongly advised to have an epipen in the kit, in addition to carrying an epipen with you on a daily basis.
  - [ ] Be aware of any drug allergies
    Have them listed in case further medical attention is necessary.
  - [ ] Toss the emetics
    Medicines used to induce ;vomiting, like syrup of ipecac, are no longer recommended for use.